



# New Moon

*in Capricorn 1-2-22*

## Before you begin:

Print these pages (or write these questions on a paper) and if possible, herbally cleanse your environment, including your crystals and jewelry. Then put them under the visible moonlight, and if not possible on a windowsill.

## When you begin:

Consciously work on each question and write your answers on to the worksheet in the field made available to you below each. When you are done, play your favorite music, place the pages in a fire-safe receptacle and burn them, preferably using matches. Don't be alarmed if you get emotional, especially when releasing. LET IT ALL OUT AND LET IT ALL GO!

## Remember:

We will be Moon Working our vibrational energy so high that our anxiety will just fall away. Some months you will do the entire rituals, while in others, you will just envision performing them in your mind.

## Under the FULL MOON we RELEASE.

Forgiveness and gratitude are a crucial part of our shadow work. It is when emotions come to the surface, we "let go" by burning them in a fire-safe receptacle.

## Under the NEW MOON we CLEAR

our intentions and things we wish to manifest. No one will ever see your deepest, secret wishes, because like with the Full Moon Ritual, you will set fire to them and burn them in a fire-safe receptacle.



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Do you long for a world filled with love? Do your thoughts ache at night and consume the day, leaving little time or energy to enjoy what really matters most in life. The moon is an important cycle of change that can help guide us through these times when we feel stuck within our own minds - but only if we take care ourselves first!

This year's intentions might be different than last years' because each new era demands a fresh set of commitments towards self-care (don't forget!), trust & manifestation as well as forgiveness + coming from Soul rather Ego...these shadow work moon manifestation prompts will get those subconscious pains released once they've been held onto too tightly over recent months/years...

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This Capricorn Super New Moon will bring with it a strong need for self-improvement, and you look in the outside world for justification. You may underestimate what you want from yourself or how capable of achieving those goals are; but don't be shy--your inner values deserve just as much attention than anything else! Use this grounding energy by writing down specific intentions not only about this year but month ahead too - they're important so set them without fear: "I intend to live creatively every day," instead risking another full cycle where things seem uphill battles all around."

Don't worry about writing outside the boxes or grabbing more paper, think of this exercise as a form of self-care. Write your heart out and then set it on fire to ignite the intentions.



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This month I need...

Five things that I desire are...

Three actions that will start me on a journey towards  
my desires are...





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As I move towards my dream and imagine my dream coming true I feel...

Say this out loud...

'I am stepping into a new chapter of my life now. I am ready to release all my fears, limitations and beliefs that no longer serve me so that I can step into my power and step into my dreams for the future. I am capable of becoming anything I dream to be. I simply must begin by believing it.'

